

PHILIPPINE DAILY INQUIRER

BALANCE OF POWER, FEARLESS VIEWS

THE BIRDS OF TUBBATAHA Hundreds of Great Crested Terns (*Sterna bergii*) rest on a newly formed rail on the North side of Tubbataha. Surrounded by pristine coral reefs, the Tubbataha Bird Islet in the Sulu Sea is not only a haven for sea birds, but also for nesting sea turtles and fish as well.

PHOTO COURTESY OF DEPARTMENT OF ENVIRONMENT

More kids out of school

Providing education for all eludes RP gov't

By Michelle V. Renna and Beverly T. Natwidald

ONE IN SIX SCHOOL-AGE CHILDREN IS BEING deprived of education and the number is rising steadily, the National Statistical Coordination Board (NSCB) said yesterday, indicating that the country is still far from its goal of providing education to all.

The percentage of children enrolled in primary school was down to 63 percent in the 2006-2007 school year from 90 percent five years earlier, the NSCB said in a study, according to *Agence France Presse (AFP)*.

The numbers are even worse for secondary education at 54 percent, though they have been steady over five years, AFP said. **Problem.** Municipal Mayor acknowledged last month that the rising cost of food and energy may be driving education out of

the reach of some Filipino families. The enrolled schools not to register their students to wear uniforms to reduce the cost.

Educations Secretary Jeol Lapina yesterday said the Department of Education (DepEd) was aware of the problem and was "actively addressing the situation."

But he also said that the latest survey for school year 2007-2008 showed an improvement with a participation rate of 65 percent.

MANILA KIDNAPERS

Church population stand called 'parochial'

TWO SENATORS YESTERDAY defended Congress' move to legislate population control programs, with Sen. Franklin Laceron describing as "parochial" the Catholic Church's warning of the reproductive health bill.

Laceron is the author of Senate Bill No. 41, which encourages the adoption of a reproductive health and population management

coastal to oversee the country's family planning program.

"Advocating population management is not being sensitive. In fact, it is procreancy and propaganda. It is not without carefully studying provisions would be parochial and downright stupid," Laceron said in a statement.

He was referring to a pastoral

CHURCHMAN



POISE UNDER PRESSURE
Dayana Mendonca of Venezuela (above) smiles after being crowned Miss Universe 2008 on Monday. The annual pageant was marked by the spectacle of Miss USA, Gyselle Hennessy of Texas (right), tripping on the train of her bejeweled evening gown.

AP

Miss Venezuela takes Miss Universe crown

NINA TRANG, VIETNAM's Miss Universe 2008 on Monday in a contest marked by the spectacle of Miss USA falling down during the evening gown competition for the second year in a row.

The new Miss Universe, Dayana Mendonca, was also kidnapped in her hometown and says the experience taught her to remain poised under pressure.

Mendonca got under the skin of Miss USA, Gyselle Hennessy of Texas, who tripped on the train of her bejeweled evening gown as she made her entrance. During the 2007 Miss Universe contest in Mexico City, Miss USA Rachel Smith also stumbled during the evening gown competition and became an international star on YouTube, when the video was shown over and over again.

At a news conference after the coronation.

MISSUNIVERSE. 0A

Human rights chief chides PNP PCG: Skipper said he'd use another route

By Altair Papa

SAVING MEMBERS OF THEIR PAST ABUSES refused to die, Commission on Human Rights (CHR) Chair Leticia de Lima yesterday chided the police for still being the No. 1 human rights violator in the country.

In a visit to Camp Crame, De Lima also de-

plored the police practice of staging media presentations of crime suspects—usually garbed in orange T-shirts with the word "The nation" printed on them—even if they had not been found guilty and were presumed to be innocent.

De Lima repeatedly walked into the foot of the

HUMAN RIGHTS

PCG: Skipper said he'd use another route

By Leticia B. Salvemata,
Christian V. Espuena,
and Gil C. Calabangon Jr.

THE BOARD OF MARINE INQUIRY (BMI) yesterday issued testimony that the captain of the captured MV Princess of the Stars had informed the Philippine Coast Guard (PCG) that he was using another route to Ordo, away from the path of an approaching typhoon.

Capt. Erwin Belagosa, head of the PCG SUPERVISOR

ABS-CBN airs kidnap video shot secretly

A PHILIPPINE TV NETWORK HAS broadcast videos shot secretly by one of its crews while they were being held by suspected Abu Sayyaf leaders, offering a glimpse into their jungle ordeal including threats to behead one of them.

ABS-CBN aired the videos last Sunday in a documentary titled "Kidnap," partly to help police on Jolo island identify the kidnapers of news anchor Coy Dizon and two cameramen, who were released last month after ransom.

ABS-CBN 0A

Angry protesters raid oil firm in Makati

By Di Tio
and Inquirer Southern Luzon

DOZENS OF PROTESTERS yesterday hurled paint bombs and sprayed protest messages on the facade of the Philippine Shell building in Makati City to demonstrate their outrage over continuing oil price increases.

Led by Raging Abangan Makabayan, some 100 protesters trooped to the Shell building on Valero Street in Salcedo Village and threw plastic bags filled with blue paint on the front wall.

Others sprayed messages like "Oat Oil" and "No to oil price hikes" in bold orange and red paint on the wall of the building.

Held back, the three security guards could only watch from

ANGRY 0A



PUBLIC ANGER A protester throws a plastic bag filled with blue paint on the facade of the Philippine Shell building in Makati City on Monday to demonstrate his outrage at continuing oil price increases.

PHOTO



Aussies give Pope kitten to keep him company

STONES—CAT-LIVING Pope Benedict XVI has been given a kitten to keep him company while he relaxes and plays the piano ahead of World Youth Day in Australia. Church insiders told *Agence France Presse* on Monday.

The Pontiff, an avid feline fan, whose favorite

AP/WIDE WORLD

'Biofuels not to blame for food crisis'

By Abigail L. Ho

THE U.S. NATIONAL BIOETHICS BOARD and the Manila-based Asian Center for Food Studies Inc. (ACFS) have both debunked claims that global biofuels development was adversely affecting the food supply and raising food prices in the country.

"The research done by US experts and the US Department of Agriculture has proven that biofuels-related food-and demand has limited impact on the global food supply and pricing," US-NBB chief executive Joe Abo said.

"The presence of biofuels in the market, in fact, was helping keep US gas prices—now at more than \$4 a gallon—down going even higher and skyrocketing prices in the world market," Abo said.

For his part, ACFS managing director Rafael Diaz said that as a global

entity, biofuels production was meeting less than 20 percent of the global food supply. This was hardly enough to make a dent on overall supply and to drive food prices up.

The fact remains that there was one issue when applied to the Philippines, he said, were the country under the United States, was not using corn as a biofuel for ethanol production or soybean for biofuel manufacturing.

"In any case, it has no impact on the food supply in a nation, but to put it in context, the whole problem of food supply and price is being the result of biofuels (development and production) in a very big way," Diaz said.

Both Abo and Diaz were reacting to the recently released Gallagher Report from the United Kingdom, in which Renewable Fuel Agency chief Sir Gallagher said bio-production

biofuels had the potential of increasing production gas-intensive instead of reducing them, and also drive up food prices worldwide.

Diaz cited the case of small biofuels demand and production in the country as an example.

For the current requirement of a 1 percent biofuels blend (B1), he said the country only needed around 10 million to 20 million liters of the alternative fuel each year, considering the demand of bioethanol is 1 billion to 2 billion liters.

By 2005, when the mandate for the 2 percent biofuels blend (B2) takes effect, he said, biofuels demand would go up to between 122 million and 114 million liters.

"Even even if production of 1.4 million liters per year, that is less, the biofuels response will increase to just 4 to 5 percent for B1 and 8 to 10 percent for B2," Diaz explained.

The B1 and eventually B2 requirements, therefore, represented less than 10 percent of the country's total volume of production each year, he it would be obvious that the biofuels in cost-of-price cannot be really attributed to biofuels," he said.

"In my own view, the existence of corn as a health food and as a fuel additive in mitigate global warming and air pollution has created new high-volume demand and it is seen as a threat to supply availability by the traditional sector of income oil," Diaz said.

Apot from the manufacturers of fuel additives, cornmeal is a commonly being used in the production of health supplements, such as the popular oil-free coconut oil, dehydrated, skin care products, cosmetics and specialty beverages.

UN agency helps tillers in 54 poor nations cope

By Amy R. Barnes

THE UNITED NATIONS FOOD AND AGRICULTURE ORGANIZATION (FAO) has approved \$21 million worth of projects in 49 countries, including the Philippines, to help small farmers sustain the rise of oil prices in domestic and high food prices.

The loans in 34 of the most number of countries beneficiaries the FAO has included in its initiative are: Bolivia, Brazil, China, Egypt, Ethiopia, Haiti, Honduras, Mozambique and Nigeria—have the initial beneficiaries of \$40 projects worth nearly \$2.8 million.

The projects included under FAO's Initiative of Cooperatives will provide farmers with agricultural inputs for one year, including the seeds.

"The immediate objective of these projects is to ensure the success of the next planting season and, in the longer term, investment that by increasing the supply of key agricultural inputs, like seeds and fertilizers, small farmers will be able to rapidly increase their food production," FAO said in a statement.

Investment production, in turn, would make the impact of high food prices on the small farmers, who have to buy some of their food from the markets, the FAO agency noted.

"It would, hopefully, lead to a more productive and resilient food system that could be sold, increasing their income and facilitating the access to food of the most and other populations," FAO said.

Agency expects said the program was also intended to encourage governments, national institutions and donors to support the farmers in a more larger scale.

The FAO is intended to provide a "solid, catalytic effect that will encourage development partners to contribute to similar projects, but on a larger scale," FAO said.

Aside from the Philippines, the 47 other countries that will receive FAO aid are Afghanistan, Albania, Armenia, Bangladesh, Bolivia, Brazil, Burkina Faso, Burundi, Cambodia, Cameroon, Central African Republic, Chad, Colombia, Congo, Egypt, Ethiopia, Guatemala, Honduras, India, Indonesia, Jamaica, Jordan, Kyrgyzstan, Laos, Malawi, Mali, Mozambique, Myanmar, Nepal, Nicaragua, Pakistan, Panama, Peru, Rwanda and Senegal, Sri Lanka, Sudan, Suriname, Thailand, Timor-Leste, Togo, Yemen and Zambia.

Workers urge gov't to prepare for OFWs' return

WORKERS OVER THE POSSIBLE displacement of overseas Filipino workers due to the economic crisis, the law affected, some say, however, a labor group yesterday called on the government to take strong measures to protect OFWs from economic downturns.

The Trade Union Congress of the Philippines (TUCP) said the government should clearly monitor the number of OFWs who would be laid off as foreign employers choose to cut down on labor costs or decide to replace them with locals.

For instance, there could be a possible displacement of workers in Taiwan due to relations between the island and mainland China have begun to worsen. The TUCP noted that there were at present some 50,000 Filipino workers in Taiwan.

"Taiwan may eventually prefer workers from the mainland over Filipinos in consideration of lower wages given in the Chinese," said TUCP spokesperson Alex Aguilan.

The group was also alarmed over the latest crackdown on illegal migrants by the Malaysian government as well as the Department of Labor and Employment (DOLE) memorandum that the Annual for Filipino workers in the United States has been going down.

"We expect that a good number of OFWs employed in various countries will feel the pinch of the international economic gloom that is fueled by the crisis on petroleum and food prices. What is happening to the US market is a good indicator of this," Aguilan said in a statement.

The union said "if the current economic, no government will be forced to go home to big numbers and it is always good to plan for contingencies."

The TUCP also identified the business process outsourcing industry as a possible "vulnerable sector" for incoming OFWs.

"While the call center industry has been affected by the slumping of the US economy, it still remains a good prospect for growth," Aguilan said. *Manila Bulletin*

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Siargao: Surfer's Paradise

by Aaron R. Villanueva

My last phone gig had me standing down to Siargao and I was asked to see these legendary waves for the first time. And boy, I wasn't disappointed! The swerving walls of water, great surf, and the cool mix of foreigners and locals just made for a fantastic scene.

Later on, while waiting for the after-event party to start up, I found myself fiddling with my gear on the beach. I just had to share the site of Siargao, one of the most beautiful places in the country, in real time. I tried out the laptop & cellphone setup using Globe mobile internet, not really expecting it to work, since we were basically in the middle of nowhere. But to my delight, my front page popped up on the screen like I was in the middle of Manila. There I was, surfing the net in the middle of a surfer's paradise. Fantastic!

Since then I've used my Globe phone to upload pics covering a mile in Mahuru and pretty much anywhere there's a Globe signal. We're talking about any internet access with a phone in the wrong, most remote places - which is where I usually end up, being a freelance photojournalist. Whenever my camera takes me, Globe is always there to keep me connected to work, friends and family.

Aaron R. Villanueva is a writer and photojournalist whose portfolio includes work for the NYT, Atlantic, Forbes, A & E magazine and ManUp, as well as genre photography for the USAF and the USAF's press.



SURFING TIP: USING YOUR GLOBE PHONE AS A MODEM FOR YOUR LAPTOP

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Busy weekend for thieves in Quezon City

Bank, Pagcor e-game outlet lose more than P1M

By Jocelyn L. Andrade

THIEVES WERE BUSY IN QUEZON CITY FROM SUNDAY evening until early yesterday morning, taking more than P1 million in cash from a bank and an electronic game outlet of the Philippine Amusement and Gaming Corp.

In the first incident, suspected members of the motorcycle gang forced open the vault of the Bank of the Philippine Islands branch on Capitol Hills Drive, Barangay Ulat, before noon and took an estimated P1 million in cash.

Quezon City Police District 20, Barangay Ulat, said the thieves were seen in the bank area at

large hole in the ceiling, located just above the vault. They also found two automatic tanks, two crowbars and a bolt cutter.

Agosin told the insurance that one of the bank's security guards identified only as "Coching" reported the robbery to police at around 7 a.m. yesterday.

A police van was sent to the bank, but no one was seen. Police are now questioning the incident.

Police who were in the bank area at

the guard on duty had gone home.

Meanwhile, a Pagcor electronic game outlet security guard was assaulted after he was shot by two men and two women who just robbed the establishment at 3 a.m. yesterday.

The robbery, who pretended to be customers, took off with P12,000 in cash, the guard's sister, 28, said, and the cell phone of one of the outlet employees.

The wounded security guard was identified as Sandy Monesmyra, 23, POG Joseph Drive of the Quezon City Police District Criminal Investigation

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9 US troops killed in Taliban assault on base

KABUL—A TALIBAN ATTACK KILLED nine US soldiers, the biggest single American loss in Afghanistan since 2001, was a well-planned, complex assault aimed at capturing an outpost near the Pakistani border, a top Pentagon official says.

The Taliban have largely shied away from large-scale attacks on foreign forces since suffering severe setbacks in several key battles in the south in 2008. Instead the militants have opted up for smaller attacks and suicide bombings.

"To me a complex attack, well planned and planned, it was clear they wanted to overtake the combat outpost," said Captain Michael Finney, spokesman for NATO's international security assistance force.

The Taliban began the assault on

the Afghan Army and had outposts in the mountains and thickly forested Pech Valley district of Kunar province just before dawn on Sunday, waiting villagers to turn their homes before the fighting started.

"They chose that position well. It wasn't just an attempt to rush the gate," Finney said.

The fighters, numbering between 100 to 150, called in an attack from attack helicopters and fired wing weapons in lighting their way on to the outpost.

There was no exact count of Taliban dead, but US officials said at least 10 were killed in the fighting.

One of the US troops was killed, an Afghan Defense Ministry spokesman said.

There has been a marked increase of violence in Afghanistan this year, especially along the eastern border where militants have effectively captured their base with attacks reminiscent of the Taliban assault on the Pech Valley where their action went before.

The surge in violence is also partly due to the higher momentum of the Afghan government's counter-terrorist attacks, such as the Pech Valley where their action went before.

Afghan officials said on Sunday the Taliban fighters had infiltrated from nearby Pakistan to launch the attack. However, NATO's Finney said it was unclear whether the militants had crossed the border.

But Taliban spokesman in Pakistan said "the situation of great concern" in the area.

Afghan leaders are growing in

creasingly impatient with Pakistan, whose new government has adopted a policy of trying to treat with militant leaders instead of fighting them.

Afghan officials have blamed the Taliban assault on Pakistan, including a suicide bomb on the Indian Embassy in Kabul last week which killed 50 people and an attempt to kill President Hamid Karzai in April.

Karzai last month threatened to send troops into Pakistan if Islamabad does not take action against militant safe havens.

Pakistan denies it is arming militants and says the Kabul government should try harder to negotiate a peaceful end to the conflict, which is key to an internal Afghan dispute.



SURGE—Taliban assault on a Theater Force in the Pech Valley of the Pech Valley district of Kunar province on July 7.

WorldBriefs

ICC prosecutor expected to seek arrest of Sudan leader

THE HAGUE—International Criminal Court prosecutor Luis Moreno Ocampo is expected Wednesday to seek the arrest of Sudanese President Omar al-Bashir, despite warnings from the Sudanese government that it could lead to a civil war. The Sudanese government has said it will not allow al-Bashir to leave the country. The ICC is expected to seek the arrest of al-Bashir, who is accused of crimes against humanity, including the killing of thousands of people in the Darfur region. The Sudanese government has said it will not allow al-Bashir to leave the country. The ICC is expected to seek the arrest of al-Bashir, who is accused of crimes against humanity, including the killing of thousands of people in the Darfur region.

Gettars, if not progress, at Mediterranean meeting

BRUSSELS—Leaders of 22 nations with nearly 800 million inhabitants inaugurated a new "Union for the Mediterranean" on Sunday, aiming to bring the northern and southern continents that may be set closer together through practical projects dealing with the environment, climate, security, development and justice. The meeting was also an opportunity for President Nicolas Sarkozy of France to announce a new policy of "European Neighbourhood Policy" to bring the EU closer to its neighbors. The meeting was also an opportunity for President Nicolas Sarkozy of France to announce a new policy of "European Neighbourhood Policy" to bring the EU closer to its neighbors.

Amwar faces arrest after defying police order

KUALA LUMPUR—Malaysia's opposition leader Anwar Ibrahim could face arrest, police said Monday, after refusing to be questioned over allegations of sodomy. The charge has been suspended a decade ago. Anwar's legal team said he had the right to refuse to be interviewed. The police said they had the right to arrest him. The police said they had the right to arrest him.

Japanese team developing palm-held 3D display

TOKYO—Researchers in Japan are developing a gadget that could enable people to hold a three-dimensional image in the palm of their hand. They hope the gadget, which is still at the prototype stage, will be developed to move from the lab to the market. The gadget is still at the prototype stage, but the researchers hope it will be developed to move from the lab to the market.

Global warming may increase kidney stones, researchers say

WASH. D.C.—More Americans are likely to suffer from kidney stones in the coming years as a result of global warming, according to researchers at the University of Texas. Kidney stones, which are formed from deposits in the urine and can be extremely painful, are often caused by dehydration, either by not drinking enough liquid or being too much in the hot sun. Global warming could lead to more dehydration, which could lead to more kidney stones.

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The World

Editor Lawrence B. Sison

Pope visit draws thousands of Asians

SYDNEY—FOR WYMOND, A YOUNG CATHOLIC LIVING in Muslim-dominated Indonesia, the World Youth Day festival in Sydney led by Pope Benedict XVI provides a rare chance to celebrate his religion with others.

The 26-year-old is one of more than 150,000 foreign pilgrims who have come to Australia for World Youth Day, many of them from countries in Asia without a strong Catholic tradition.

"We really want to meet with all the other youth from around the world and share our faith and to know that we are not alone," he said.

"Sometimes we feel that we are alone everywhere in Cebu and in Indonesia,"

said Wymond, who is from Asia. Wymond is excited about seeing the leader of the Roman Catholic Church in the flesh during the six-day event, which culminates in an apostolic Mass by Benedict on July 30.

"We really hope to see the Pope and shake hands with the Pope, and kiss the ring," he said.

Thousands of pilgrims from the United States, Italy and Germany have passed into Sydney over recent days, with their numbers amplified by thousands from New Zealand and Brazil, a church official says from Sydney.

The Philippines has provided the largest number of pilgrims from Asia,

with 2,280, while 700 have come from Indonesia and 260 from Japan.

World Youth Day organizers wanted to maintain the number of pilgrims from China, where the Vatican has long been at odds with the Beijing over who controls the booming Catholic Church.

But 23-year-old Taiwanese university student Kuo-Lin said there were many Asian faces among the thousands of pilgrims around Sydney's St. Mary's Cathedral and surrounding Hyde Park.

"We've seen the Germans, and some Japanese and some from China," she said.

The influx of young tourists has transformed Sydney—with groups taking part in impromptu sing-alongs around the city, coordinated busloads springing up in some areas and pre-arranged tours on the streets.

At a major beachside outdoor at

Hyde Park, the Vatican's flag was quickly pulled out and pilgrims could buy many items featuring an image of Benedict, including t-shirts and T-shirts reading "I love Jesus".

Lin, who attended a World Youth Day in Cologne, Germany in 2005, said traveling to Sydney appealed to her sense of adventure.

"Of course, the first thing is to see the pope," she said.

"The second thing is I think Australia is a very beautiful place. And we can come to Sydney and go to the sea, and see the Opera House."

It's a weekend shared by students Carlo Hernandez, 30, and Karine Hernandez, 35, and their friend Sam Lucas, 23, who have traveled from Manila for the event.

Like most pilgrims, who are being accommodated in high schools and private homes, the three women are staying in a dormitory for their five-day trip. **DP**





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PILGRIMS carry the World Youth Day Cross and the banner of Our Lady through the streets of Sydney after it arrived by ferry in Circular Quay, Australia, on July 14. Pope Benedict XVI will address the thousands of pilgrims from around the globe gathered to witness the Vatican's annual event during the seven-day event starting July 15.

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Editor David D. Marshall • Assistant Editor Carrie E. Mathews

DOI: 10.1002/for



BSP seen under pressure to raise rates

By Michelle V. Hamon

Surge in consumer prices feared to go on

Board moves on Thorstein

The central bank also hopes to ensure that the surge in consumer prices may continue for some time.

According to Development Bank of Singapore, the GSE is expected to further tighten its monetary policy in the coming months until the savings borrowing rate reaches 6 percent and the lending

"Representatives of house inflation are all on rising, judging by wage demands and various surveys," DRI said in its latest assessment of selected economies, including the Philippines, released on its website. "The headline GDP has repeatedly pointed to these problems, and the need for them to be resolved."

An increase in the RRP's increasing rate encourages banks to deposit more of their funds with the central bank. This improves the flow of money in circulation which, in turn, causes growth in demand for goods and services. Controlled demand helps banks survive.

Already, provisions of second-round inflation effects are seen to exert pressure on the RSP to continue tightening its monetary policy. The Singapore news-

Source: *U.S. Census Bureau, 1990*

IN THIS ISSUE

CAP to raise

P1B from
sale of bank
stock /113

■ Gov't to bid out PSB in RTBs/ES

FOLLOWING THE SHARP RISE of inflation to 11.4 percent in June—the fastest in fourteen years—the Bangko Sentral ng Pilipinas may likely implement another 25-basis-point hike in policy rates when its Monetary

RP debt stock
down 0.7% to
P3.87T in April

If the outstanding debt were to be disclosed among the country's population of 30.4 million projected for this year, each Filipino would have a debt share of P42,781.

There was a drop in the overall debt because the government settled some of its \$6 billion, long-maturing foreign contracts that it borrowed. On a net basis, the government sold \$1.1 billion of what is called its new

The IIE's also said that approximations of values

Foreign currencies against the US dollar helped reduce the government's debt owed by P2C billion. The Philippines' external net borrowings are not only secured from the United States but also from other parts of the globe. In Japan and Europe, if foreign currencies appreciate against the US dollar, then the Philippines would have to shell out less dollars to use its debts.

But the depreciation of the peso against the dollar increased the Philippine government's debt stock by \$15 billion. Depreciation of the peso against the US dollar under dollar-denominated loans more expensive in local currency terms.

Particularly, the EIT said, the indexes of four of a number rose on the date were more than offset by the positive effects of new repayments and appreciation of other foreign currencies against the US dollar.

The drop in foreign currency-denominated debt also caused the rise in pass-through to liabilities, resulting in the decline of the net off 2014.

Data from the 1974 chemical test, of the
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Human resources: *Journal of Health & Social Behavior*, 1999, 22, 1-10

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1994-1995

MONDAY, JULY 14, 2008

Sultan Mining breaks into export market

By Michael S. Harris

SEMAN MINING and Energy Development Corp., through subsidiary SMC Mining and Energy Corp., has made a sizable deal with Switzerland's Chinese International AG to be the delivery of 10,000 metric tons (MT) of oil and metals to be delivered this year.

In a statement, Sultan said the terms of the deal include the sale of 10,000 metric tons of oil and metals to be delivered this year.

Sultan said the deal is a landmark for the company's first international supply deal. The deal is a landmark for the company's first international supply deal. The deal is a landmark for the company's first international supply deal.

DA to start P70-M subsidy scheme for hog growers

By Roy R. Baine

THE DEPARTMENT OF AGRICULTURE WILL start a subsidy program for hog growers to help them pay for the cost of raising hogs. The program is a subsidy program for hog growers to help them pay for the cost of raising hogs.

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Gov't to bid out P8B in RTBs

Bond offering mainly for small businesses, individuals

By Michael S. Harris

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rightly-bidder (P8B).

Land Bank of the Philippines and First Metro Pacific Corp. were supposed to be the bidders for the sale of RTBs this year.

National Treasurer Bulacan said the government did not set any target amount to be raised through the sale of RTBs. He said the government was willing to sell any amount that would meet market demand.

He is reporting huge demand for the RTBs, especially since interest rates this year are higher than a year ago.

The RTBs sold last year fetched an average rate of 6.85 percent for the three-year term and 7.12 percent for the five-year term. The government sold P77.6 billion worth of RTBs last year.

With a minimum government requirement of only P5,000, the RTBs are aimed at small and individual investors in markets.

The government is selling RTBs primarily to support the need of small businesses and individuals for investment options. Due to the RTBs this year, the government decided to cancel the second round of regular bonds scheduled for the second half of July. The government was earlier looking at raising P14 billion from the supposed sale of regular bonds being sold on July 28.

However, the government said the sale of RTBs will help support the government's rising expenditure requirements.

The Department of Finance, under agency of the Treasury, said economic managers had decided to raise the government's spending program for the year to P96.3 billion, from the original budget of P72.2 billion.

The decision was made under the cabinet of President Gloria Macapagal Arroyo.

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WASHINGTON—A U.S. government plan to shore up mortgage finance from Freddie Mac and Fannie Mae helped calm markets on Monday but did little to allay fears about the health of the U.S. financial system.

The US Treasury and Federal Reserve plan, announced on Sunday evening, called for sweeping measures to lend money and buy equity if necessary to stabilize Mac and Fannie Mae, government-sponsored enterprises (GSEs) owned by shareholders.

The plan was lauded by an attempt to calm investors' concerns of both pharmaceuticals and the private law firms on how the companies, pillars of the housing market, were under capital and the credit crisis.

Freddie and Fannie own or

guarantee \$5 trillion of debt, down to half the value of all US mortgages. Freddie owned half the bonds and mortgage-backed bonds sold by the agencies.

"There's continued strength in important in maintaining confidence and stability in our financial system and our credit markets," US Treasury Secretary Henry Paulson said in a statement that he read in the steps of the Treasury building.

"Therefore, we must take steps to address the current situation as we move to a stronger regulatory structure," he said.

The move helped calm markets in Asia, but it did not allay fears of support from Washington, which also drew criticism for being a potential bailout that could cost US taxpayers dearly. Reuters

Singapore to buy RP pork

By Amy R. Nasse

THE PHILIPPINES IS SET TO start selling pork products in Singapore this year. Following the accreditation of the Matuan Meat Packing Corp. in Palawan, Inc. (MPC) as the sole processor of pork exports to the island state.

According to Bureau of Animal Industry Director General Carlos, the Singapore government's approval and regulatory authority recently accredited MPC as the sole processor of pork exports to the island state.

According to Bureau of Animal Industry Director General Carlos, the Singapore government's approval and regulatory authority recently accredited MPC as the sole processor of pork exports to the island state.

These requirements also include the requirement that Philippine pork is free from veterinary drug residues. Carlos said.

He said that the department is not to implement this month a 10-million meat inspection laboratory contract in Palawan.

"Despite a temporary setback, a bright future lies ahead for the Philippine hog industry," he added.



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LIFESTYLE Wellness

John Thomas Simon San Juan

PHOTOGRAPH BY JEFFREY M. SANCHEZ FOR THE PHILIPPINE DAILY INQUIRER



A wakeboarding mom's enriching adventure

By Jeana Lopez
Contributor

WHEN I GOT INTO wakeboarding at 34 years old, I knew immediately that I would love this sport. Having gone water skiing back in the '70s and being able to ski behind someone's boat, I developed a love

for that water sport. In the late '90s, when wakeboarding became a sport, I had been looking for that rare opportunity to do for free.

Then in August 2004, the Cavendish Pier PierSports Complex (CPC), three months old then, started making waves in water sports. So I immediately placed a five-day trip with my crazy group of friends in Pili, Camarines Sur.

There were only a handful of people at the park. We all tried our skills with the help of resident pro Brandon Buchanan. Luckily I had experienced the Singapore wakeboarding park a few weeks before so I was able to get up easily on my first try. The next day, I used the boats also known as the jump. It's the first step to landing the obstacles. I asked Brandon and Munch Bala to stay on either side of it, so I would not chicken out.

A WAKEBOARDING MOM

Metro Active magazine editor Jeana Lopez became highest-ranked Filipino in CamSur World Championship

Keys to boosting your child's confidence

Moms play a crucial role in cultivating confidence in their children. With love, as they learn to garden and dance, which, when given freely, develops a child's sense of the right back by giving their child a healthy sense of themselves.

But just like any other parenting task, bringing out the best in children requires specific attention and hands-on advice from the experts. To help moms get the most-needed boost in their skills, Dr. Bernadette Garcia-Berrios, Developmental and Behavioral Specialist and Head of the Developmental Pediatrics Department of the Asian Hospital and Medical Center, shares some insights on how moms can make their children face an challenging world with confidence.

Early stages

Dr. Garcia describes confidence-building as those who are able to interact comfortably with their peers as well as with adults. "These children can easily articulate and express what they like or dislike, and are comfortable in sometimes even doing what is expected of their age," she says.

Although largely determined by the temperament children are born with, Dr. Garcia believes that confidence can be learned gradually during the early school age when they gather more experiences. This is when the gains confidence. Dr. Garcia adds:

Wonders of opportunities

Building children with various physical and social capabilities such as sports, sports, a big difference in building their positive self-image. It greatly aids them in spotting a child's abilities and strengths, which in turn help or hinder, can remarkably impact a child's future.

At the same time, as children discover their physical strengths, they also learn how to interact with their peers and grown-ups. Dr. Garcia stresses that one way to further this interaction skills of pre-adolescents is by exposing them to groups of all kinds and not restricting their experiences to their own age.

Continuing self-worth

Dr. Garcia further emphasizes the importance of showing appreciation for a child's accomplishments in their own way. These may be "affirmation is the positive component of building confidence," she states.

Such affirmation comes in the form of words which may not necessarily be written in letters. Simply stating to doing something good can go a long way in encouraging a child to do even more. Thus, continuing affirmations is an important step in building self-confidence.

Raising children in the modern world

Growing up in a modern and challenging world means all the children's world can make. Modern-day children's advice as well as reported modern problems offered by companies such as Wynn in providing their kids with proper nutrition toward becoming confident children. Backed by years of research in the industry, Wynn offers superior formulae and products for children such as Bonakid Pre-School which contains the nutrients needed to help grow healthy and strong.

There are more a number of ways to measure how far they can take confident children. Giving the right opportunities to develop their abilities, strengths and skills, and providing them with affirmation and more these kids to become self-assured individuals who can face everything the world has to offer.

Paano ang anak ko kung wala siyang tibay?

Wyeth

Handikapan namn, maging ang isang pagpapalit tungkol natin sa buong mundo. At ang mga tahanan na pagpapalit tungkol sa buong mundo sa buong mundo. Paano kung wala siyang tibay? Paano kung maging ang isang...?

Kung kailangan ng isang magandang...? Kung kailangan ng isang magandang...? Kung kailangan ng isang magandang...? Kung kailangan ng isang magandang...?

Batang may tibay.
Batang may laban.



Bonakid Pre-School is not a breastmilk substitute.

TUESDAY, JULY 30, 2008

LIFESTYLE

Extreme strategies will sabotage your weight loss

By Mick Tulpe
Contributor

THE FOLK WHO GET A GRAY, TO SOME extent only to find out that you just keep on repeating the outdated and lame ways to reach the finish line?

Your weight issues will not be resolved unless you become aware that a problem exists in your thinking patterns or behaviors.

The hardest part in weight management is trying to lose weight consistently, not obsessively or impulsively. Try to apply some weight management strategies experienced by successful weight losers.

Slipping away

Try to keep track to know your total calorie intake for the day for breakfast and lunch, something every 10 to 15 hours. This will help prevent late-night overeating and gain weight.

A dietitian requires you to eat a total of 1600 calories for the day and says to distribute your total during the day by consider-



WATCH your weight.

ing and eating per meal. It would also depend on what time you wake up and sleep, your level of hunger and physical activity.

Over-eating

Many people believe that over-eating is the best solution to losing weight.

However, this approach results in injuries and excessive fatness. Over-eating for days

to six consecutive months might result in an emotional setback to the next month if not managed accordingly.

Exercise for more than 30 minutes a day. If you don't have enough time for formal exercise sessions, do a lot of walking, 30 to 60 minutes, three to four times a week and walk for 15 minutes every day then to exercise for two hours or more every day.

Weight obsession

People who are weight obsessed tend to do the right strategies, especially when things run smoothly. But when they experience setbacks, they usually give up and return to old habits. They become susceptible to emotional eating.

Train yourself to see the result and progress of what you're doing. Weight loss is just the result of your eating and exercise behavior.

Exercise will succeed by staying away from perfectionist goals. Be prepared to experience failure and learn and acceptance that it's part of the process.

Being super-health conscious

There are those who will eat the healthiest foods available in the market and despite themselves of the food they lose as an outcome they believe that to lose weight, you have to eat only what's healthy.

Whenever I am someone in the gym eating about of what I eat with a lot of fruits to eat every single day, I always wonder how long he can sustain it. This would tend to be healthy and result in more energy during the day.

Go small. You can still eat your favorite food once in a while and still be a healthy person. A recent study shows making your meals easy by adding whole-grain cereals and cereals can help you lose weight.

Be creative. Think of ways on how to make your favorite dishes nutritious and healthy. I always tell my clients whenever they feel sad about what and how much they are eating, it means they are depressed. They need to change their lifestyle and eat clean lifestyle.

It will be easier at midnight if you are

It's better to work out 60 minutes, 3-4 times a week, than to exercise two hours or more every day

Life gets interesting at menopause

INSIDE
OUT

Cory Drexler

IT'S NOT OVER YET, IT'S OVER—OR IS IT? Most women dread menopause because it signals the end of their reproductive years. But are you overreacting if you are overreacting?

Menopause happens between the ages of 45-55. It is premature for women to experience before the age of 40 though it all has come in 200 women. There is a medical procedure for hormone therapy and hormone therapy.

What happens in between and now? The symptoms hot flashes, night sweats, headaches, insomnia, dryness, mood swings, fatigue, depression and anxiety, vaginal dryness, painful intercourse, loss of libido, dry skin. These symptoms may last from three months to several years.

What can be done? Hormone replacement therapy (HRT) or hormone therapy.

HRT is replacing lost hormones with estrogen and progesterone to be taken for five to 10 years. HRT comes in the form of pills, patches, gels. Make an informed decision with your doctor.

Insulin resistance that a diet rich in phytoestrogens found in some plants may relieve menopause, breast cancer, heart disease and osteoporosis.

Symptoms include pain, hot flashes, dry skin, mood swings, dryness, any symptoms from the uterus/dyspareunia, dryness, vaginal dryness, painful intercourse, loss of libido, dry skin.

For many of these daily symptoms of menopause is a new study (generally medical opinion) as medical science does not know its long-term effects on the human body. The source of your phytoestrogens should be food derived.

There is some, mostly soybeans, would lose libido/sexual interest and spicy foods, not hot/cold.

Hot flash

When hot flash happens, take long, slow deep breaths, close your eyes. Imagine you are sitting on top of an ice cap riding over snow or lying on a cool rug. It should be able to ease to some extent. Have a cool or cold water bottle.

Calming smoothie

For a new recipe, banana and mango, peach and kiwi. Place all ingredients in a blender mixed with one cup water with lemon juice. Add one teaspoon of honey.

Skin care routine

Many skin problems of menopause are all with regular use of vitamin E (immune system). Refresh your body and skin.

Supplements

Take 200-400 IU vitamin E (immune system) with vitamin C one to three times a day. Along with complex daily 250mg vitamin C, 120-mg magnesium, one to three times daily to brighten your mood, to help sleep the next morning.

Other skin care products would include keratin not growing, dry skin, blackheads. Do any skin body exercise like yoga, tai chi, etc.

Like that's even the grass is not green, but you have spread to a lot of red/brown skin.

Also, "I am collecting my progress each day."

Learn and enjoy!

Reference: "The Menopause Book" by Angie Johnson & Peter Hunter "Women's Health for 21st Century" by Dr. Paul Mendel



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[1994] Lopez takes off the ramp during the World Championship in Can Thơ, Viet Nam.

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A wakeboarding mom's enriching adventure

Answers 100-150

I mailed the poems, repeating the mantras, "Send your legs, bend your knees and follow your heart." As though I was not able to land and ride away, I knew there is like a pro.

The tricks progressed to "grubbing" or reaching your hand for style. Then I tried the slides which are longer flat jumps where one can do a multitude of tricks like crows, kips and the most graceful-looking pommel. It was so exciting and whirling.

But do not be fooled—the bad feeling and whiplashers can give you a neck ache for days. Just get a massage or style and ride again the next day.

Almost two years later, I won the women's more radical award.

couple in 2007 and 2008. I watched the international press do sticks like tennis ball, nose press, rubes, blind judge. And I wonder that one day I would do these sticks. I am still on my way to getting there but I will never stop trying. No matter how many times I smack my face, cheeks, knees, shins and back on that dense mat, I will not stop trying.

Great accommodations

Joining the first national competition and finishing third was a great accomplishment for me at 26. But that was not the end. As Congressman for Gov. Lito Villafuerte and his allies on losing the world championships, he encouraged hoping a Filipino would be on the podium with the prize. So he pushed all of us riders to get better. We joined national championships and

ery pest and international transport

As voices of the world changed multiple times weeks ago, Cameroon has been visited by hundreds of foreign visitors, particularly those enjoying the scenic and wanting to try a new sport. There were also the regular practitioners for the world's best. Some visitors couldn't even identify the best of the best in Cameroon. I made friends with them, pointed with and learned from them.

That's the world competition—a gathering of friends who share the passion for superbouldering. These international pro athletes may not even remember me, yet I am proud to say I competed in the world championships with among the best in the world like Nick Hooker, the 1' 10" wide slinger; Tom Franken, the 1' 10" wide slinger; and Shane

Wang, M. & Jones, R. 1998

I was hoping to be in the women's master's division by 21 years old, but unfortunately I was the only competitor above 21, so they put me in the women 16 years and above category. After two days of training, my body already ached and I could not do too many reps. At 21 was only 16, I'd be way better than I am now, but here many 30-year-old women can run faster than after those kids, they can still compete in college when they're!

Secret: no change

It was not only I who was part of this "secret society," as you might call the people shrouded with malice and lying. My son, Blade, 7, was the youngest male competitor in the world championships. He couldn't handle going over the ramp at first but

after watching the other kids and
 peas, he decided that the best way to
 be would be to be a better.

My son, his chest left corner of the kitchen table off unscathed. He had the biggest smile on his face when he received his trophy for third place in the boys' 8-year-old-and-under category.

The best part was the take-home message. Aside from the winners, the prize was never a competition, dog legs and trailer Ets. The best part was sharing stories with the foreign riders. The Thais, who were the only riders from Southeast Asia, are now part of my circle of great friends. So are those from Florida, Canada, Germany

The author placed fourth, women's division, in the *Cartagena World Championship* last July 4-7, the highest-ranked Filipino in the international event.

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GALLERIA

1 MAMMA MIA!	2 WANTED
1:30 2:00 2:30 3:00 3:30	3:00 3:30 4:00
3 MAMMA MIA!	7 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30	3:30 4:00 4:30 5:00 5:30
3 MAMMA MIA!	8 WANTED: SARAKO
1:30 2:00 2:30 3:00 3:30	3:30 4:00 4:30 5:00
4 HANCOCK	8 RAMBO
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 JOURNEY to the CENTER of the EARTH: THE WARLORES	
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30



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JULY 09 TO 15

ROBINSON'S MOVIEWORLD

ENRITA

1 MAMMA MIA!	2 WANTED
1:30 2:00 2:30 3:00 3:30	3:00 3:30 4:00
3 MAMMA MIA!	7 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30	3:30 4:00 4:30 5:00 5:30
4 HANCOCK	8 RAMBO
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 JOURNEY to the CENTER of the EARTH: THE WARLORES	
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

METRO EAST

1 MY MONSTER MOM	2 WANTED
1:30 2:00 2:30 3:00 3:30	3:00 3:30 4:00
3 HANCOCK	8 RAMBO
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 MAMMA MIA!	7 THE WARLORES
1:30 2:00 2:30 3:00 3:30	3:30 4:00 4:30 5:00 5:30
4 JOURNEY to the CENTER of the EARTH: THE WARLORES	
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

NOVALICHES

1 HANCOCK	3 THE WARLORES
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 JOURNEY to the CENTER of the EARTH	4 MAMMA MIA!
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

PIONEER

1 JOURNEY to the CENTER of the EARTH	3 MAMMA MIA!
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 HANCOCK	4 THE WARLORES
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30



FROM THE BRITISH HIT FILM
TO THE
BIG SCREEN
SING AND DANCE
ALONG WITH THE
CAST AS THE HIT
ABBA
SONG LYRICS
ARE SHOWN
EXCLUSIVELY
AT
ROBINSON'S
MOVIEWORLD

STA. ROSA

1 JOURNEY to the CENTER of the EARTH	1 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 THE WARLORES	3 GET SMART
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 FORBODEN KINGDOM	3 WANTED
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
4 HANCOCK	4 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 MAMMA MIA!	5 MAMMA MIA!
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

DASMARINAS

1 HANCOCK	1 MAMMA MIA!
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 THE WARLORES	2 JOURNEY to the CENTER of the EARTH
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 JOURNEY to the CENTER of the EARTH	3 THE WARLORES
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
4 MAMMA MIA!	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

ANGELES

1 HANCOCK	3 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 MAMMA MIA!	4 WANTED / SUPERHERO MOVIE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

STARMILLS

1 MAMMA MIA!	4 SUPERHERO MOVIE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 ALONE	5 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 MY MONSTER MOM	5 WANTED
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

BACOLOD

1 JOURNEY to the CENTER of the EARTH	1 JOURNEY to the CENTER of the EARTH
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 HANCOCK	3 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 MAMMA MIA!	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
4 WANTED	5 ALONE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 SEX AND THE CITY	6 ALONE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

ILOILO

1 JOURNEY to the CENTER of the EARTH	1 JOURNEY to the CENTER of the EARTH
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
2 HANCOCK	3 MY MONSTER MOM
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 MAMMA MIA!	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
4 WANTED	5 ALONE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 SEX AND THE CITY	6 ALONE
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30



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METRO MANILA

1 KUNG FU PANDA	2 MAMMA MIA!
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

VISAYAS • MINDANAO

1 KUNG FU PANDA	2 MAMMA MIA!	3 DEEP SEA	4 HANCOCK
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30
5 T-REX	6 LATE SCREENINGS	7 LATE SCREENINGS	8 LATE SCREENINGS
1:30 2:00 2:30 3:00 3:30 4:00	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30	3:30 4:00 4:30 5:00 5:30

Goodbye...

Franchise 501

viewers to vote in. The list on several of up-producers. It's a democracy, a point-based, pre-emptive system, with no nominations, and no expanding eligibility for those who refuse to be listed for real. "We're not making the picks, the people are making them."

Franchise 501

"We're not making the picks, the people are making them."

It's a premiere TV network. Goodbye, reality show season. Hello, "reality cooking."

The show has its downsides, though, because the network has nowhere else to go but the bottom line. It can get boring. The art has been taken out of the city and replaced by reality. They have to do it with a more direct style and a more direct style.

Franchise 501

Like "The 300," "Uptown" has the same aesthetic. But that's not its intention.

Has anyone changed its style in any way? It's a bit of a side plot. First, it's a real-life makeup and style. (It's actually a real-life makeup and style.) (It's actually a real-life makeup and style.) (It's actually a real-life makeup and style.)

The show, which recently ended its fourth season, also has been going, but it also has downsides. Because there are few chances for spontaneous comedy, the only comic you'll want to see is the one who's in the corner.

Why they're there

Well, it's a democracy, all too bad, especially because, like its competitor, "Uptown" is a reality show about making money from silicone. Because there are few chances for spontaneous comedy, the only comic you'll want to see is the one who's in the corner.

The shows are easy to miss, but can also get you hooked with the prospect of winning

SHANG CINEPLEX

1	MAMMA MIA	PG-13	2:30, 4:30, 7:30, 9:30
2	MAMMA MIA	PG-13	7:30, 9:30, 11:30
3	JOURNEY	PG-13	12:15, 2:30, 4:30, 7:30, 9:30
4	MAMMA MIA	PG-13	1:45, 4:30, 7:15, 9:30

Shang's Screen Pick of the Week
 Mamma Mia! PG-13
 Shang's Screen Pick of the Week
 Mamma Mia! PG-13
 Shang's Screen Pick of the Week
 Mamma Mia! PG-13

ARANETA CENTER

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JOURNEY TO THE CENTER OF THE EARTH	THE INCREIBLE MIA	THE INCREIBLE MIA
PG-13	PG-13	PG-13

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MMT A MOVIE GUIDE

WHAT'S MOVING IN THEATERS AROUND METRO MANILA

Now Showing

THEATRE	MOVIE	PG	TIME
ARANETA CENTER	MAMMA MIA	PG-13	2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	7:30, 9:30, 11:30
ARANETA CENTER	JOURNEY	PG-13	12:15, 2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	1:45, 4:30, 7:15, 9:30

AT THE CINEMAS

Movie goers are invited to experience the difference of the cinema at the Araneta Center. For more information call 511-8888 or log on to www.araneta.com.ph

THEATRE	MOVIE	PG	TIME
ARANETA CENTER	MAMMA MIA	PG-13	2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	7:30, 9:30, 11:30
ARANETA CENTER	JOURNEY	PG-13	12:15, 2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	1:45, 4:30, 7:15, 9:30

AT THE MALLS

Shopping, dining, entertainment, all in one place. For more information call 511-8888 or log on to www.araneta.com.ph

THEATRE	MOVIE	PG	TIME
ARANETA CENTER	MAMMA MIA	PG-13	2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	7:30, 9:30, 11:30
ARANETA CENTER	JOURNEY	PG-13	12:15, 2:30, 4:30, 7:30, 9:30
ARANETA CENTER	MAMMA MIA	PG-13	1:45, 4:30, 7:15, 9:30

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